

# Nick Rainey, PT, DPT, OCS, FAAOMPT

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## **Physical Therapy Licenses**

Arizona- #11801, 2015 - present

## **Certifications**

Fellow of the American Academy of Orthopaedic and Manual Physical Therapists, June 2019

Pelvic Health Certificate, June 2019

Certified Cervical and Temporomandibular Therapist (CCTT), June 2019

Board Certified Orthopaedic Specialist, June 2016

Total Motion Release Level I & II certified, August 2014

USA Weightlifting Level I Sports Performance Coach (USAW), May 2014

Functional Movement System (FMS) certified Level I, February 2014

Certified Strength and Conditioning Specialist (CSCS), 2011

NPI- Certified Posture Specialist (CPS), 2011 (expired)

NSCA- Certified Personal Trainer (CPT), 2008 (expired)

## **Education**

Graduate of Leadership Sierra Vista 2019-2020 (Chamber of Commerce)

Graduate of Bellin College's Orthopaedic Manual Physical Therapy Fellowship Program, April 2019

Residency with Evidence in Motion, July 2014- December 2015

Doctor of Physical Therapy from Rocky Mountain University of Health Professions, December 2013

Bachelor's of Science in Exercise Science with minors in Nutrition and Business from Brigham Young University, April 2011

## **Professional Experience**

Lead faculty for Management of TMD and Orofacial Pain, Rocky Mountain University of Health Professions Continuing Education, January 2021- present

CEU Reviewer for Arizona, June 2020- present

Co-founder of Functional Pain Management Society, LLC, August 2019- present

Founded and co-owner Champion Speech and Language Therapy, LLC, August 2018- present

Founded Rainey Pain & Performance, P.C., November 2016- present

- Created Rainey Pain & Performance Research Division, November 2019- present

Outpatient/inpatient physical therapy at Canyon Vista Medical Center, August 2015- November 2016

Practice test question writer for EIM's OCS Prep course, April 2016- October 2016  
Private practice physical therapy at Gold Medal Physical Therapy, February 2014- July 2015  
Forty-five week clinical rotation with Clinical Excellence Network and chosen as Senior Intern, January- November 2013  
Owner and head trainer of Body 4 Change - December 2011- November 2013  
Consultant for Evanston High School's Strength and Conditioning program, November 2012  
Running Expert for AllExperts.com, 2011-2017  
Utah's Core Ambassador for APTA, 2010-2011  
Springville JHS Track, Cross-Country and off-season running class coach, Spring 2011-2012  
Assistant Head Trainer for high school, collegiate, and professional athletes- Xtraordinary Sports Performance, 2009-2010  
Personal Trainer & Manager of Personal Trainers, Gold's Gym, 2008-2009

### **Online Self Paced Courses**

"An Introduction to Clearing the Lumbar Spine", active course on Physiopedia, April 2021

### **Publications**

*The Effectiveness of Dry Needling in Reducing Ankle Swelling: A Case Series-* Poster presentation for AAOMPT, October 2019

Youth Sports Injury Prevention Program at Fort Huachuca that was awarded "Better Sports for Kids Quality Program Provider", November 2019

*Research Made Simple for Physical Therapists-* Published on Kindle April 2016

*The Six Week Workout Program*, YMountainPress, April 2010

### **Live Presentations**

*Hidden contributors to orthopedic lumbopelvic pain: pelvic health examination for all PT's*, CSM, February 2022

*Dry needling: miracle or myth?*, AAOMPT, October 2021

*Temporomandibular disorder, cervicalgia and headache: the perfect storm?*, AAOMPT, October 2021 (planned)

*Hidden contributors to orthopedic lumbopelvic pain: pelvic health examination for all PT's*, AAOMPT, October 2021

*Evidence-based management of temporomandibular disorder, cervicalgia and headache: what your patients wish you knew*, CSM, February 2021

*Management of TMD and Orofacial Pain*, AzPTA, July 2020

*TMD and Orofacial Pain*, Cochise County Dental Study Group, November 2019

*Systematic Evaluation of Psychological and Social Factors Application in Outpatient Physical Therapy Settings*, AZAPTA District IV meeting, November 2019

### **Published Videos**

Evaluating the person in pain- introduction parts 1-3, June 2020

TMJ presentation for EIM's Cervicothoracic Management online course, December 2019

TMJ Parts 1-4 on Youtube.com, April 2019

Fibromyalgia stretching program, December 2017  
Graded Exposure and Graded Exercise, January 2017

### **Professional Blog Publications**

Physical Therapy: Sales for Recovery Not Money, May 2020  
A Male PT Going Through a Pelvic Health Program: Thoughts and Reflections, July 2019

### **Advocacy**

Physical Therapy Day in Annapolis, February 11, 2015  
Testified opposing Maryland SB 580 (acupuncturist bill to restrict dry needling), March 5, 2015

### **Awards**

Clinical Educator of the Year, Rocky Mountain University of Health Professions, 2020  
Clinical Excellence Student of the Year, 2013

### **Professional Leadership Positions**

PTBCCT Speaker Committee AAOP, 2023  
VP for the Pelvic Health SIG of AAOMPT, October 2020- present  
Treasurer for the Pelvic Health SIG of AAOMPT, November 2019-October 2020  
Core Ambassador for Utah to APTA Student Assembly 2012

### **Current Professional Organizations**

American Physical Therapy Association (APTA)  
Academy of Orthopaedic Physical Therapy (AOPT)  
AOPT Pain SIG  
Academy of Pelvic Health of APTA  
Private Practice Section of APTA  
American Academy of Orthopaedic and Manual Physical Therapists (AAOMPT)  
AAOMPT Pelvic Health SIG  
Arizona Early Professional SIG- mentor  
myPFM Ambassador

### **Continuing Education Courses/Conferences**

Manual Therapy for Voice and Swallowing Disorders, Walt Fritz, February 2022  
The Vagus Nerve, Balancing the Autonomic System, IPA, August 2021  
Successful Mentorship for Residency and Fellowship Education, APTA, 2021  
AOPT Tissue Tolerances 30.2 monograph completion, July 2021  
CFT: an individualised behavioural approach to the management of LBP, Peter O'Sullivan, June 2021  
Integrated Evaluation and Management of the Thorax, ASPIRE OMT, April 2021

Ultrasound Imaging for the Anterior and Lateral Abdominal Wall Webinar (live), Ramona Horton, January 2020

Transperineal and Transabdominal Ultrasound Webinar (live), Ramona Horton, December 2020

Pelvic Floor Dry Needling, Structure and Function- Tonya Bunner, November 2020

Align conference (virtual) August 2020

Pediatric Functional GastroIntestinal Disorders Assessment and Management -- The Pelvic Floor and Beyond! (online, self-paced course and live mentorship/group chat), July 2020-present

Combined Sections Meeting, February 2020

Therapeutic Neuroscience Education, ISPI, January-February 2020

The Complete Clinician (online), Modern Pain Care, November 2019- January 2020

American Academy of Orthopaedic and Manual Physical Therapists Annual Conference, October 2019

Pain Week, September 2019

American Academy of Orofacial Pain Scientific Meeting- May 2019

Diagnostic ultrasound, upper extremity, personal instruction from Colin Rigney, April 2019

Pelvic Health Certificate Program with EIM- July 2018- June 2019

Comprehensive Approach to Lumbo-Pelvic-Hip Complex- Tonya Bunner, January 2019

Comprehensive Evaluation & Treatment of the Sub-Occipital, Craniofacial & Temporomandibular Complex, A Progressive Course Series of 3 Separate Two-Day Modules- Jeffrey Mannheimer, May-July 2018

“Diagnostic Error Prevention” by Univadis, September 2018

Fellows-only Weekend Intensive Thrust Manipulation- Jeff Moore, April 2018

Advanced Clinical Reasoning (NAIOMT)- Bill Temes, January 2018

Intramuscular Stimulation Trigger Point Dry Needling- Steve Goodman, MD, November 2017

APTA AZ Fall Conference, Recent Advances in Examination and Treatment of Orthopedic and Sports Shoulder and Elbow Injuries- Robert Manske, October 2017

EIM’s Lumbopelvic Fellows Only Weekend Intensive, August 2017

Pelvic Health I- Jen Stone, August 2017

EIM’s Thrust Manipulation Fellows Only Weekend Intensive- June 2017

Advanced ACL Rehabilitation: Get Your Athlete Back in the Game- Infinity Health, Christian Chebny, February 2017

EIM’s Cervicothoracic Weekend Intensive- TA role, February 2017

EIM’s Cervicothoracic Fellows Only Weekend Intensive- February 2017

EIM’s Lower Extremity Weekend Intensive- TA role, October 2016

EIM’s Lumbopelvic Weekend Intensive- TA role, August 2016

Arizona Spring Conference: Functional Mobilization, May 2016

Spinal Manipulation by Ken Cooper, PT, DC (1 day), October 2015

Systemic Dry Needling for Sports Performance by Sue Falsone, September 2015

NEXT in Washington DC, June 2015

Nerve Entrapments of the Upper Extremity by Susan Stralka, March 2015

SMT-2: Cervicothoracic Dysfunction & Cervicogenic Headaches: Diagnosis & Management with HVLA Thrust Manipulation & Exercise (Spinal Manipulation Institute), October 2014

DN-2: Dry Needling for Lumbopelvic & Lower Extremity Conditions: an Evidence-Based Approach (Spinal Manipulation Institute), October 2013

DN-1: Dry Needling for Craniofacial, Cervicothoracic & Upper Extremity Conditions: an Evidence-Based Approach (Spinal Manipulation Institute), August 2013  
NSCA- National Conference 2008